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UAA Mat-Su Home of the Mat-Su College Arctic Dragons

Mat-Su Monitor

FEBRUARY 2023 FREE VOLUME 46 NUMBER 3

The State Flower of Alaska

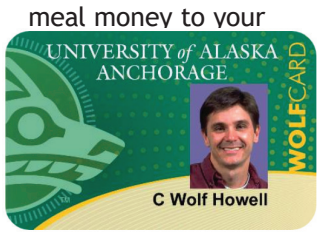
By Rachel Goodall

The Forget-Me-Not (Myosotis alpestris) is the name of the state flower of Alaska. It is a fragrant wildflower with five petals of bright blue with hints of pink and a star-shaped yellow center. It is a hardy plant. Growing close to the ground, it can grow in height to 12 inches tall. You may find them up in the mountains or right in your backyard. The blooming months are late June and July, when they are perfect for pressing. The colors of the Forget-Me-Not remind us of the Alaskan skies during our short summer season.

Rolled Gold

IS NOW ACCEPTING WOLFCARDS!

You can now add meal money to your



wolfcard and use it at the cafe on campus!

Here are two ways to add money to your card:

- Use cash at the machine in the Okeson Library.
- Go to the website found on the back of your wolfcard http://www.uaa.alaska.edu/wolfcard and use your debit account.

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HONK!
IF YOU SUPPORT SCHOOL BUS WORKERS
UNFAIR LABOR PRACTICE
END DURHAM'S COVER UP!
Two things we stop for: Railroad tracks
Bad Contracts
UNITED FOR SAFER STUDENT BUSSING

Employees claim safety issues of local student transportation

By Amber Godin

January 31st midday heralded an uncommon issue for parents and students of the Mat-Su Borough: lack of transportation. Students to the sum of about 19,000 left local parents in frantic search of a way to get their children home from school that day. As of February 6th, transportation is still a concern for local parents. When meeting several of these parents, I received varying responses of anger, frustration, and feelings of hostility towards members of the strike. A former bus driver and parent even expressed that strikers seemed greedy and overly zealous. Hearing about the wide variety of feelings from parents, I decided to take to the streets (quite literally) to talk to local strikers and made some phone calls to reach Durham School Services representatives.

Upon my arrival to the frontage road located in front of Swickard GMC of Palmer I was directed to Patrick FitzGerald, Political Coordinator of the Teamsters Local 959 Union. Patrick expressed safety and unfair labor practice concerns, as well as information about how the strike came to occur.

The first question was posed regarding the decision-making process that led to a strike. Patrick went on to explain that "negotiations have not gone

See **TRASNPORTATION** *page 5*

Fear of the Cold

By Brook Wright

I can feel it. The depression sitting at the edge of my mind. Like the cold ready to sap me of my strength if I don't wake up every few hours to stoke the fire. I feel like I'm constantly on the verge of collapsing. I keep saying I'm okay because every time I'm about to crash, through luck, circumstance, and hard work, I stick the landing and keep on running. I wake up every couple of hours to stoke the metaphorical fire. Trading a good night's sleep for the warmth that will keep me going. The cold will kill me if I ever stop fighting it. And even if I get weary, the less I fight the cold–the depression– the more it will drip poison into my ears. Whispering sweet songs of restful oblivion. All I need to do to get a full night's rest is to let the fire smolder a little longer.

See **FEAR** *page 15*

Director Retires

By Nick McDermott

(Palmer, AK) Mat-Su College (MSC) Director Talis Colberg has given notice of his intent to retire in October 2023, after 13 years leading the college. Colberg will continue as director until October, to allow for a search process and adequate transition to a new director in the Fall 2023 semester.

Colberg has a long history with the campus: as a student, faculty member, and finally as director. His first association with the college came when it was still known as Palmer Community College. He was hired by then director Al Okeson in 1974 as an algebra tutor, despite Colberg himself still being in high school. Though the position only required a few hours of work per week, it was the beginning of a long and accomplished career for Colberg.

The very next year, Colberg would take his first class on campus. In 1987, Palmer Community College officially became part of the University of Alaska Anchorage. At this time, Colberg was establishing his notable legal career. In 1992, Colberg found his way back to MSC, this time to teach a history class.

"That evening of talking about a topic I loved was perhaps one of the best things that ever happened to me,"

See **RETIREMENT** *page 15*

Upcoming events:

February 23-25 and March 2-4: Wizard of Oz at Glenn Massay Theater. See https://glennmassaytheater.com/ for details.

February 27: Summer 2023 registration open to all students.

March 6-9: therapy dogs, FSM lobby.

March 7: Table Talk Tuesday (discussion of mental health success strategies). FSM 201. 12:30 PM.

March 11: Mat-Su Concert Band Spring Concert at Glenn Massay Theater. See https://glennmassaytheater.com/ for details.

March 13-17: spring break, no classes. Campus open except March 17.

March 24: Fall 2023 schedule viewable on UAOnline.

March 31: Deadline to withdraw.

April 4: Table Talk Tuesday (discussion of mental health success strategies). FSM 201. 12:30 PM.

April 7: Deadline to apply for spring graduation and inclusion in ceremony.

April 17: Director's tour of the campus, indoors.

April 25: Director's tour of the campus, outdoors.

Club meeting times:

Alaska Native Cultures Club: Contact Darla Budde at dmbudde@alaska.edu

Gamer's Club: Contact Micah Muer at mwmuer@alaska.edu

Gay Straight Alliance LGBTQIA+ club: Thurs., 1-2:30 PM, FSM 106

Human Services Club: starting February 28, every other Tuesday at 4-5 PM in FSM 112A.

Mat-Su Monitor: Wed., 2-3 PM, FSM 107

Math Club: Thurs. 4:30 in FSM 205

Nihongo Tadoku Club: Zoom Sat 7-8pm. Contact sninoyu@alaska.edu for link.

Student Government: Tues., 2:15 PM, FSM 106

Robotics club: Tues. & Thurs. 10-3. JKB 120.

Mat-Su Monitor
Spring 2023

Behind the Door of a Vet Clinic

By Anonymous Assistant

Have you ever wondered what happens behind that mysterious door that your pets disappear through? Is it torture? Trauma? Brainwashing? Or nothing at all? "Well, it sure takes way too long to do nothing," you might be saying. In this series, I'll be telling you about the things that happen behind that mysterious door and why they take so long or happen so quickly.

First, let's talk about the basics before we go into anything too technical. Nail trims are one of the most common things that your pet experiences during their vet visit. Sometimes nail trims seem to take forever, and sometimes they seem like a breeze. Why is it taking so long? What is happening back there? Here are some considerations for the pet owner during times like these:

1. Staffing
2. Emergencies
3. Pet cooperation

These are all factors that affect the time it takes to complete nail trims and treatments. Some days (though rarely!) there is a surplus of staff! What does that mean for you and your pet? That means Bella can get her pedicure done beautifully and in no time because there is appropriate staffing waiting in the back to assist. But oh no, little Max decided to go on a highway adventure and needs immediate attention! That means that Max will be "triaged." This means that in order to make sure that Max gets the life saving care that he needs, it will take longer to get Bella's pedicure done. And now for the final and most important factor in how long before Bella returns from the magical land of dog biscuits and nail trimmers -- Bella's cooperation. Is Bella horse-kicking staff? Staying as far away as she possibly can on the end of her leash? Is she trying to bite?! Or is Bella happily giving us her toes and eating grapes (DISCLOSURE: Do not feed your dogs grapes... more on that later) out of the palm of our hands like an absolute queen! (Disclosure part two: Veterinary staff DOES NOT feed literal grapes to your pets.)

Return next issue for another exclusive titled "Vet Techs -- Vampires or Underrated Phlebotomists?"

Anything You Wish For

By Damaris Hobbs

As is popular in fairy-tale adventures, this story begins by the romantic phrase "once upon a time", and continues by the words "in a far-away land". What follows next is the describing of a king – an extraordinarily wealthy king who was as generous as he was rich. His palace was ornately built with the most beautiful marble columns supporting numerous verandas and balconies, decorated with nature's vines and delicate flowers. The many pillars overlooked exotic gardens, fountains, and statues that boasted of the king's immense wealth. Being true to his nature, he was indeed generous and gave to those in need, whether it was monetary assistance they required, favors to uplift their status, fertile lands to aid their poor crops, or simply a listening ear to their problems. The more the king's fame spread, the more he realized that he needed to retain his status as "His Majesty Generosity". He began to popularize the line, "I'll give you anything you wish for – even up to half my kingdom," and never failed to receive looks of awe and gratitude in the faces of those imploring. Of course, the people never presumed to ask for what seemed luxurious above what they needed. Over the years, His Majesty Generosity allowed the townspeople's idolization to boost his ego far above what was healthy, and that is what caused an unforgettable event.

In the small village of Erin, nestled near the palace, lived a modest and intelligent young woman. Every day she heard more and more stories of the king's giving nature, but unlike the rest of the town, she did not admire His Majesty Generosity's boastful way of declaring he would give anyone "up to half my kingdom." It was as if he was challenging the people to dare ask for anything, knowing full well they admired him too much to ask for such a gift.

One afternoon the king received a visitor. The woman came in, just like all the other common townsfolk and immediately everyone in the palace knew that yet another petition was to be made. As always, the king extended his arms and welcomed her in the most superfluous manner, saying, "Come in, my dear! To what do I owe the pleasure of your visit?"

"A request, sire," came her meek reply.

"Ah, of course. I'll give you anything you wish for." He continued with the ever-famous line, "Even up to half my kingdom!"

A slight smile spread on her face as she faced him squarely. "I would like the truth. If you are sincere, sire, I request exactly half your kingdom."

Silence echoed through the royal chambers. Nearby a king's guard nearly choked.

A forced smile escaped from His Majesty Generosity's lips. "Yes, my dear, certainly." He cleared his throat, obviously digesting this new revelation that someone would honestly dare to ask exactly what he offered. "Allow me a few—ehm—hours to make the necessary arrangements." He gestured for her to depart, his countenance plummeting by the second. "I will—send for you when the time is appropriate."

The maiden of Erin departed, part in wonder of what exactly she was about to receive, and part in disgust at the King's lavish distribution of wealth.

True to the King's painfully honest word, he did indeed present the young woman with the generous gift of half his kingdom. In time, she proved to be an excellent ruler of the gigantic estate who displayed strength of character, while still maintaining her sweetly attractive humility. Contrary to His Majesty Generosity's larger-than-life promises, she rather displayed the quality of honest modesty that soon gained exceedingly more favor among the townspeople than the king had ever gained. Therefore, we must conclude our story with the line that has stood the test of time: "And they all lived happily ever after." Except, of course, the King.

Although this tale is quite fictitious, the moral still remains this simple message: Beware what you promise, for it may come back to haunt you.

MAT-SU MONITOR STAFF

Editor
Kaia Richardson

Elliana Overstreet
Troy Stowell
Emily Beiler
Brook Wright

Feature Writers
Kristina Estillete
Amber Godin
Rachael Goodall
Aiden Hobbs

Photographer
Vacant

Advisors
Audrey Badger
Micah Muer

Disclaimer

The Mat-Su Monitor is the student newspaper of Mat-Su College. The Monitor aims to report college news and serve as a forum for student writing. The Monitor seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the Monitor's weekly meetings. Details on participating in or submitting content to the Monitor can be found at https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the Monitor contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the Monitor article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Submissions policy

Students are invited to submit articles and letters to the editor to uaa_msc@alaska.edu or at https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml. The Mat-Su Monitor will not accept anonymous submissions, though with prior arrangement articles of a sensitive nature can appear anonymously. All submissions are subject to editing and will only appear with the approval of the editor.

First Time in Forever

By Elliana Overstreet

For the first time since 2019, MSC hosted a formal dance for its students and their guests. Our winter formal, hosted by MSC's Student Government Council, gave our students a night of winter spirit to contrast our dark Alaskan winters.

Attendees were given a chance to spend time with peers, share snacks, and learn dances like the Electric Slide.

Thank you to all students and faculty who participated in planning and supervising the event, and thank you to all of the students and guests who attended!

Keep an eye out for more Student Government Council events this semester- there's a lot more to come.

Catching up with Student Government Council

Jayson Novak

Before writing this article, I assumed that Student Government Council (SGC) spent fall semester getting up and running. After all, they started the year with only one returning member, President Joe Pavia. During the semester they added a vice president, a secretary, and four senators. It takes time and work to get that many new people up to speed. I couldn't fault them if that was all they did.

So I'm impressed that SGC did so much this fall. Accomplishments included

- Approving new student clubs
- Considering the requests of student clubs for funds
- Securing tickets for students to attend Little Shop of Horrors
- With the campus Gay Straight Alliance (GSA), hosting a Hallowe'en Bash
- Sending a representative to regular meetings of the UA Coalition of Student Leaders
- Organizing Spirit Week
- Investigating the possibility of providing free or reduced-cost gym memberships to students
- Buying and distributing free snacks during finals
- Decorating the atrium for the Northern Hemisphere Astronomical Winter Break
- Preparing for the Winter Formal Dance

For such an inexperienced group to deliver such results, it's natural to expect even more of them this spring semester.

So far they're delivering.

On February 4, SGC hosted a hugely successful Winter Formal Dance. You'll find full coverage elsewhere in this issue. They also arranged for students to get free tickets to The Wizard of Oz, which plays at the Glenn Massay Theater February 23-25 and March 2-4 (full schedule at https://glennmassaytheater.com/; students just need to show their Wolfcard at the box office).

SGC is also busy planning a late-February trip to Juneau, where they will join other UA student government delegations in communicating student concerns to legislators. That's a big job.

I've heard some tentative plans for March, April, and May. We'll cover those events if and when they happen.

If you have an idea for a fun event that SGC could organize, talk to one of the folks in the SGC office (JKB 114). It's regularly staffed. Should the office be closed, submit your idea in the Suggestion Box outside their door. Better yet, consider attending an SGC meeting. If you go to three in a row you could end up as a senator! Meetings are held on Tuesdays from 2:15 to 3:15 PM in FSM 106.

You can keep track of SGC's work by reading their minutes at https://matsu.alaska.edu/offices/student-government/meeting-minutes.cshtml. Those minutes are a great source of information about campus life in general. For example, every student club has to send a representative to SGC, where they make weekly reports. Likewise, SGC's staff and faculty advisors report college news that the students might not have heard otherwise. All of this makes it into the minutes.

Even if you don't read the minutes, pay attention to posters and flyers on campus or emails from the college. Those are your best bet for making sure you don't miss out on any fun upcoming events put on by our SGC!

Mat-Su College
2023 HIGH SCHOOL
ART PORTFOLIO COMPETITION
1st Place Award
Two Semester Tuition Scholarship
2nd Place Award
Six Credit Tuition Scholarship
3rd Place Award
Certificate of Achievement
Honorable Mention
Certificate of Achievement
ENTER TO WIN FREE TUITION!!!
Submission Deadline: April 21, 2023 at 11:59pm
Winners Announced: April 26, 2023
Art Show: April 30 - May 30, 2023
PICK UP AN ENTRY FORM FROM YOUR SCHOOL COUNSELOR
FOR RULES AND TO ENTER, SCAN HERE!!
Mat-Su College
University of Alaska Anchorage
UA IS AN AA/EO EMPLOYER AND EDUCATIONAL INSTITUTION AND PROHIBITS ILLEGAL DISCRIMINATION AGAINST ANY INDIVIDUAL.
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The Student Government Council (SGC) of the Associated Students of Matanuska-Susitna College, University of Alaska Anchorage, is a student-run and administered body which provides a voice for student wants and needs and is aimed at providing a friendly and healthy environment for any and all students campus-wide.

Please join us at the next meeting in FSM 106, Tuesdays (when classes are in session) from 2:15 pm to 3 pm. There are many opportunities to participate.

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Join a Mat-Su College Student Government Council Committee

Or join one of the student clubs.

Clubs are a great place to meet like minded people, have fun, learn new things and relax.

Alaska Native Culture Club	Human Services
Gay Straight Alliance	Gamers Club
Math Club	Robotics Club
Nihongo Tadoku Club	Mat-Su Monitor
Veterinary Club	

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

Welcome to your Mat -Su College educational journey. There are many rewarding experiences along the path to your ultimate goal, but there will also be challenges along the way. The Journey Program focuses on health and wellness activities to build up the Mat-Su College community and to help you rise to challenges, cope with stress, and stay healthy as you make your way through this exciting, but often hectic, time in your life.

Collect 5 stamps in your passport and bring it to Student Services to enter a drawing held at the end of February, March & April.

Earn a stamp each time you...

- Participate in a Journey event
- Attend a FAFSA or Scholarship Workshop
- Use the math or writing tutoring services
- Join a library information session
- Meet with a career counselor in Student Services
- Meet with your advisor to plan for next semester
- Attend a Student Government meeting

My Mental Health: Do I need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have severe symptoms that have lasted 2 weeks or more?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

If so, here are some self-care activities that may help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating Healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptom(s) do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Seek professional help:

- Psychotherapy (talk-therapy)—virtual or in person; individual, group or family
- Medications
- Brain stimulation therapies
- For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

Journey events focus on the A, B, C's of wellness:

- **Awareness** of good mental health for yourself and others.
- **Balance** between school, work, and self-care.
- **Connection** to campus, community, friends, and family.

And remember, you don't have to go it alone. Mat-Su College students may receive **FREE** counseling with and experienced behavioral health counselor. To make an appointment, call Mat-Su Health Services and identify yourself as a Mat-Su College student. Their number is 907-376-2411.

This passport belongs to: _____

Phone: _____ Email: _____

Collect 5 stamps in your passport and bring it to Student Services to enter a drawing held at the end of each month. Pick up another passport and enter again with 5 more stamps! Need not be present to win.

Earn a stamp each time you...

- Participate in a Journey event
- Attend a FAFSA or Scholarship Workshop
- Use the math or writing tutoring services
- Join a library information session
- Meet with a career counselor in Student Services
- Meet with your advisor to plan for next semester
- Attend a Student Government meeting

Check the Journey website weekly for activity descriptions and updates:

All Journey events are FREE. Just look for the Mat-Su College Arctic Dragon stamp of approval!

Some events require preregistration, so be sure to check the event before attending.

When you attend a Dragon-approved event, make sure you get your passport stamped at the event. Passports will not be stamped retroactively.

Mat-Su College Journey activities and Behavioral Care Services are paid for with student Activity fees.

JOURNEY EVENTS FOCUS ON THE A, B, C'S OF WELLNESS:

Awareness of good mental health for yourself and others.

Balance between school, work, an self-care.

Connection to campus, community, friends, and family.

The Journey Program

Attend events, get stamps, and win prizes!

Collect 5 stamps on your passport, and then take it to Student Services to enter a drawing for MSC Spirit Wear & Journey Wellness Prizes!

Monthly Drawings

February

March

April

MSMCS

MAT-SU MIDDLE COLLEGE

NOW ACCEPTING APPLICATIONS

GRADUATE HIGH SCHOOL WITH UP TO 60 CREDITS!

Priority application period: January 4TH - March 5TH

Family Information Night Webinar posted at https://www.matsuk12.us/domain/6968

Go to matsuk12.us/msm for more information!

MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT

or 907.761.3495
907.761.3498

MSM@matsuk12.us

www.matsuk12.us/msm

History of Fur Rondy

By Rachel Goodall

2023 is the 88th year of the Anchorage Fur Rendezvous. Since 1935, we have celebrated in February the pioneering spirit of all Alaskans. Fur Rondy -- what we call it today -- began when Anchorage's population was 3,000 people.

Vern Johnson is known as the father of Fur Rondy. He and a group of locals decided to establish a 3-day winter festival that had sports such as skiing, hockey, basketball, and boxing. They also included a children's dog sled race that took place on 4th Avenue. They used bonfire and torch light for the parade.

In 1946 they began having the World Championship dog sled races. Mushers from all over Alaska and around the world come to race through Anchorage. In 1950, they included a blanket toss, an old Alaskan Native tradition. People from the small villages came and celebrated with cultural dancing, They also included the game of Curling In 1957.

Today Fur Rondy is a 12-day festival. People from all over the world come to experience the wide variety of activities. We still have the parade, outhouse races, snowshoe softball, and the running of reindeer through downtown Anchorage. There is a carnival with rides for all ages. Yes, this all takes place in the winter! Go and have fun at the Fur Rondy, which is February 24th to March 5, 2023. Remember: dress warm and have fun!

Transportation *continued from page 1*

well" and that they had been occurring for 6 months prior to "the last best final offer" from Durham. According to Patrick, after receiving this final offer every member of the bargaining unit was called and a decision was made to strike. The strike authorization vote occurred on January 6th and took effect January 26th, after students had been dropped off at school. Patrick went on to explain that:

"We wanted to send a message to the company that we are willing to strike. We don't want to, but it was something that we were willing to take that step. And they didn't believe us. They seemed to not offer anything equitable for our employees, their employees."

Further concerns were posed regarding unfair pay in regards to Durham paying Fairbanks and Anchorage employees more.

"Durham is paying their drivers in Fairbanks and Anchorage much better than they're offering to pay their drivers here and we think that is a big issue."

But the biggest concern "is the safety concerns that have been ignored," Patrick stated.

Upon further questioning of these safety concerns Patrick cited:

No bus yard electricity, having to use phone lights to find buses.

No way to plug in buses.

No PA systems to communicate with students; employees yell out windows to communicate that it is safe for students to cross the street.

Subpar windshield wipers and headlights

Free floating chains; bus chains have no container to prevent them from sliding throughout the bus.

Issues with block heaters.

Durham employees expressed frustrations, feeling that Durham had been ill-prepared despite having 45 days for preparation.

Durham in response to accusations by employees released a statement on Facebook on February 6th countering with:

Light poles are utilized to light the bus yard.

Block heaters are on order but currently on back order.

Negotiation attempts and meetings were repeatedly canceled on multiple dates and rejected the intervention of a federal mediator.

Buses are 2022 models except for a few borrowed from another bus yard.

Many employees did not in fact get to vote on their final offer and did not learn of the strike until returning to the bus yard.

An OSHA inspection was conducted and it was found that safety expectations were met.

Durham also stated on Facebook

"Contrary to the Company's cooperation and determination to reach a resolution, the Union has thrown up roadblocks along the way, culminating in a midday strike to cause the greatest disruption, inconvenience, and potential danger to the families that rely on student transportation."

I reached out to Durham School Services Vice President of External Communications Edward Flavin via phone call. He requested that any questions be emailed to him directly. As of February 5th, he has yet to reply to posed questions.

Follow-up information regarding this developing story to be in future issues.

Mat-Su Monitor
Spring 2023

Bit Of Mayhem: A Bit of Info

By Lady Mayhem

I began my freshman year in August of 2022. I can honestly say I wish somebody had given me a cheat sheet of random facts when I first started attending college. There were some things that were easily learned along the way; others were curiosities I asked about. You may not know this, but I am a moderately curious person.

So, for you new students or returning students or, for you, the small percent who reads our fine paper: I made you all a cheat sheet.

Some of the things listed are only slightly obscured. Others have been unused for so long, people have forgotten about them or haven't thought about them in a very long time. When I started asking around about some stuff, people began to list other facts about our campus that are rarely requested because students may not know about them.

Building Names and Terms

OLB = Okeson Library Building, AKA "The Library"

JKB = Jalmar Kertula Building

SNOD = Snodgrass Hall, AKA "Snodgrass"

FSM = Fred & Sara Machetanz Building

The Bridge = Long walkway between Snodgrass and FSM

Glenn Massay Theater = "The Theater", "Glenn Massay"

The Cafe = The cafeteria in JKB

The Portables = The Middle College and ANSEP Out-Buildings

MSMCS = Mat-Su Middle College School, AKA "Middle College"

Did you know?

The uni-sex bathrooms in OLB need to be opened a couple millimeters to lock the doors

There are two sets of free lockers sitting around campus. One is past the Cafe in JKB and the other is in the Paramedic and Nursing wing. They are both red. Try to see if you can find them. All that's needed is your own locks (if you feel they are needed), but you have to clean them out on holiday breaks.

The Library offers phone chargers to be checked out.

There's a slop sink and paper towel dispenser across from JKB 114.

The number for the Physical Plant warehouse is (907)789-9750. Physical Plant can help in an extensive variety of ways, from nearly any car emergency:

Dead battery, keys locked in, flat tire, etc.

To security:

escorts to the car, investigations of suspicious activities in or around the college, campus-wide monitoring and security- read the You'll Never Believe It article in the Fall 2022 issue to hear about a crazy theft incident that Physical Plant intervened and thwarted!

There are three Emergency Call Boxes which automatically call Physical Plant's radio: 1. in FSM by the TV monitor, 2. inside the main 2-doored entryway of the Snodgrass (not the Portable doors), and 3. by the Director's office in JKB

The Library sells discard books under the stairs going anywhere between 0 - $2

Did you know you can check out webcams from the Library?

FSM 201 is actually an art gallery. You can go in and look around when the door is open, as long as Dr. Felicia Desimini is around.

On weekdays, the whole campus doesn't close until 10:00 pm and it opens back up at 7:00 am

There are two bathrooms upstairs in the Library

There are actually three exits in the Cafe

You don't have to be part of a club to come to their meetings. Every club might have a couple regulations, such as no voting if you're not a member, but you don't have to sign up or be invited to come to a meeting. You can find the clubs' info on the Mat-Su College website.

Trash cans are usually found in sets of three. The round opening trash can is for recycling cans and plastic cups, the long rectangular opening trash can is for papers and cardboard, and the usual trash can is for non-recyclable trash.

So long as a classroom is not being used, feel free to study in them.

The Student Government has a Suggestion and Announcements Box for any information or suggestions for Student Government. It is a large blue wooden box with a slot on the top, and you can always make suggestions as long as you can find it.

The Library is open on Saturdays from 9 am - 4 pm.

Your WOLFcard can be used for more than just borrowing books. Did you know you can get free rides on the People Mover, Valley Mover, and Valley Transit, as well as discounts at certain stores such as the work out equipment at Wells Fargo Sports Complex and the Alaska Airlines Center with just a WOLFcard Not only that, but you can also get discounts for events such as plays in the Glenn Massay Theater. Just ask around whenever you can. Maybe you'll be able to get a great discount!

Winter Driving Reminder

With snow returning to campus, it is a good time to remind everyone to give yourself extra time for your campus commute. Classes won't wait for you to arrive.

While driving on campus, please follow all posted signage and be sure to park in areas that have already been plowed. Also, if parking along a sidewalk, be sure not to have any part of your vehicle hanging over the sidewalk so crews can clear the snow.

Mat-Su College Arctic Dragons

CALL TODAY!

MEET WITH AN
ACADEMIC ADVISOR
907-745-9746
Summer Semester Starts May 15th

Mat-Su College
University of Alaska Anchorage

Get involved with YOUR paper!

The Mat-Su Monitor is open to students of all experience levels. A paper like ours always needs writers, artists, graphic designers, advertisement coordinators, photographers, and more (maybe you can contribute something we haven't even thought of!

Meetings: Wednesdays, 2:00 to 3:00,in FSM 105

If you or someone you know is homeless or at risk of being homeless, we can help!

We serve clients age 14-25 from 8am to 5:30pm Monday-Friday and 10am to 3:30pm Saturday. We provide all of the following services:

Food
Clothing
Hot Showers
Laundry
Stable Housing
Treatment Referrals
Education Fulfillment
Job Training
Opioid Overdose Kits

Redemption – Loved and Thriving
Nine Star Education & Employment Services – Developing Alaska's Workforce
My House Podcast Network
Steam Driven Boutique

Call Us:
Main Office: (907)373-4357
24 Hour Outreach: (907)354-4357
Visit Us:
300 N. Willow St.
Wasilla, AK

Gathering Grounds Cafe

MY House
You are always welcome here!

Hey

(03-25-22)

Hey. It's me again.
I just wanna take back all the things I've said.
I'm feeling really good about finishing life
And I'm getting really close to believing these lies.

So I'm gonna take meds to keep away my true self,
'Cause my cute, happy mask will not be enough
To balance glass joy on a rocking horse shelf-
'Cause my cold plastic heart is not that tough.

My fake life will hide that my real mime had said,
"What I'd really like to do is stick a bullet in my head."

-Jesha

Find Jobs and Internships on
HANDSHAKE

3 EASY STEPS TO GET STARTED

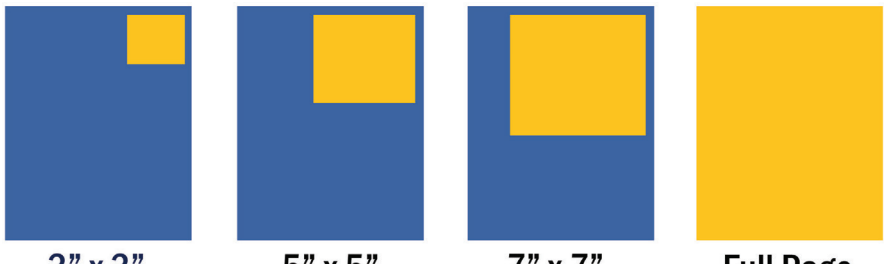
Sign Into Your Profile
Sign into you profile using your UA credentials at alaska.joinhandshake.com

Update Your Profile Information
Upload your resume and change necessary information such as your graduation date, major, etc.

Stay on Track
Check back daily for new listings, events, and favorite hobs to never miss a deadline. Download the app and keep up with the latest opportunities.

Handshake
Mat-Su College
University of Alaska Anchorage

UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.



Advertisers Sought!
Advertising in the Mat-Su Monitor is an affordable way to reach a wide demographic. With a circulation of around 5,000, an educated readership, and affordable rates. For details contact mwmuer@alaska.edu or 907-745-9758.

08 SUMMER CLASSES

ANTHROPOLOGY
*Intro to Anthropology
*Alaska Native Cultures

BUSINESS ADMINISTRATION
Business Law I
Fundamentals of Supervision

BIOLOGY
*Human Biology

CHEMISTRY
*General Chemistry I & Lab
*General Chemistry II & Lab
*Intro to Organic/Biochemistry
Chem Skills & Problem Solving

ENGLISH
Introduction to Creative Writing

GEOGRAPHY
*Intro to Global Geography

GEOLOGY
*Physical Geology

HISTORY
*Western Civilization I
*Western Civilization II

HUMAN SERVICES
Trauma Informed Wk w/ Children
Practice into the Wild - Intro
Teach Social Skills Youth

MATHEMATICS & STATISTICS
*Algebra for Mngrl & Soc Sciences
*Elementary Statistics
Intermediate Algebra
Prealgebra

MEDICAL ASSISTING
Essentials of Human Disease
Your Health & Social Services Career

PHILOSOPHY
*Introduction to Philosophy

PSYCHOLOGY
*Lifespan Development

QUANTITATIVE SKILLS
*College Algebra for Calculus
*Trigonometry
Elementary Algebra
*Art of Mathematics

VETERINARY ASSISTING
Veterinary Assistant Practicum
Veterinary Office Procedures

WRITING
*Writing & the Professions
*Writing & the Sciences
*Writing Across Contexts
Intro to College Writing

This list is subject to change. Visit matsu.alaska.edu and click "Course schedules" for the most current schedule.

**Indicates class meets GER requirements*

Semester runs May 15 - July 29

FINANCIAL AID UPDATE

-The UA Scholars deadline to apply for admissions is by May 1st of your senior year in high school to the UA campus of your choice. Apply for admissions at tinyurl.com/2p946nys.

-The Alaska Performance Scholarship (APS) and Alaska Education Grant (AEG) FAFSA deadline is June 30, 2023. Complete the FAFSA at tinyurl.com/2j69h9ry.

-On October 1st, 2022, the 2023/2024 FAFSA opened. Be sure to complete the application as early as possible to ensure you receive the maximum amount of awards available to you! Complete the FAFSA at tinyurl.com/2j69h9ry.

-On October 1st, 2022, the University Foundation Scholarship Application opened. The deadline for the scholarship application is February 15th, 2023. Apply at tinyurl.com/2p8edhd9.

Financial Aid Workshops

Have questions about financial aid? Join us for a complete walk-through of the entire financial aid process! The workshop will cover many topics, including but not limited to:

- The FAFSA application,
- Scholarships,
- Student loans,
- FAFSA Myths and
- Troubleshooting financial aid problems.

The workshop will include a PowerPoint presentation with Financial Aid Advisor Darla Budde. Students will be able to ask questions after the presentation. Please visit tinyurl.com/ybmw2ckr for more information.

Mat-Su College/UAA students and Alumni can access thousands of internships and jobs, discover career and networking events and more, all through Handshake.
alaska.joinhandshake.com
For more information contact
Mat-Su College Student Services
907-745-9746
Mat-Su College
University of Alaska Anchorage
Handshake
UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.

Microsoft Office, for Free

By Art Corvelay

As a student affiliated with a UAA campus, you have free access to Microsoft's Office 365 website.

Office 365 offers browser-based versions of some the popular Office programs: Word, Excel, and PowerPoint. These lack a few features found in their desktop counterparts, but make up for that by saving your files to "the cloud" and by allowing multiple users to simultaneously edit the same document.

Better still, Office 365 users have the option to install the full 2016 versions of Word, Excel, and PowerPoint. Simply sign into Office 365 and click the "Install Now" button.

You can access Office 365 by visiting https://portal.office.com and signing in with your UA username followed by @alaska.edu.

Students who want a free, no-strings-attached office suite that will be available long past their graduation should look at LibreOffice (https://www.libreoffice.org/).

Digital Spring Cleaning is Easiest When You Have Nothing to Clean

By Rob Dakey

In an old issue of the Monitor we ran an article called "Spring Cleaning Your Social Media Presence." It was a great reminder that our "digital footprints" -- the record of what we do and say online -- can be large and long-lasting. In many cases it is impossible to erase our past online activity. Many sites don't provide a "delete account" option, and even when they do, our content may have already been stored forever by surveillance capitalists and sites like the Internet Archive's Wayback Machine.

Instead of trying to scrub away your digital footprint, then, it is better to not make one in the first place. Here are some tips and tools to avoid sharing too much about yourself.

● bugmenot.com: Have you ever created an account for a website you used only once? Stop doing that. Every time you sign up for a new site you are taking a risk. Some risks are small: giving personal information to unscrupulous website operators. Some risks are great: having your email address and password made public when a site is hacked (see https://haveibeenpwned.com). One way to avoid signing up for websites altogether is to use bugmenot.com. bugmenot.com is a database of throw-away logins for thousands of websites.

● Use a disposable email address: if the website you need to use has no pre-made login on bugmenot, go ahead and create an account. If this is a site you don't care about, don't use your real email address. Instead, try generating a temporary email address with a site like https://www.guerrillamail.com. Guerillamail provides throw-away email addresses that require no registration. You can also check with whoever provides your normal email address; Fastmail, for instance, lets you create all kinds of aliases that obscure your real email address.

● justdeleteme.xyz/: It's a good idea to delete any online accounts you don't use. Most reputable sites allow you to delete your account, usually through a link in the settings or profile section. If you can't find the link, or if it want to know how easy it will be to eventually delete an account, visit https://justdeleteme.xyz/. This site provides instructions for deleting accounts on hundreds of sites. It also ranks each site on how easy it makes it to delete your account.

HEALTHCARE WORKERS ARE IN DEMAND!
Many jobs require training but not a degree.
Mat-Su Health Foundation vocational scholarships can help!

MAT-SU HEALTH FOUNDATION
Apply today at healthymatsu.org

When you need a hand...

By Art Corvelay

You should know that there are people on campus whose job is your safety.

The college's own Physical Plant (i.e., maintenance) staff can help you in many cases. They are able to open locked car doors or jumpstart dead batteries. You can get a hold of Physical Plant by calling them directly at 907-745-9789.

And remember -- you have a part to play, too! Keep in mind the phrase ïf you see something, say something."Report to Physical Plant any safety hazards, even if they're as seemingly harmless as icy spots.

Elizabeth J Fallon Learning Center

OLB 121 — 745-9772

https://matsu.alaska.edu/offices/learning-resource-center/

WRITING TUTORS		MATH TUTORS	
Azlynn Brandenburg		Paul LaFrance	
Monday	10:00 - 5:00	Mon. & Wed.	10:00 - 4:00
Tues. & Thurs.	2:00 - 7:00	Tues. & Thurs.	1:30 - 7:30
Wed. & Fri.	11:00- 5:00	Fridays	10:00 - 3:00

Tutors available in JKB 107 to December 16. Tutoring is reserved for students enrolled in Mat-Su College courses.

Online tutoring options

- **tutor.com/Live Home Work Help**: the Alaska State Library provides the Live Homework Help service to all Alaska residents. Free, online tutors are available from 12 PM to 2 AM to help with many subjects. Visit http://lam.alaska.gov/sled/homework
- **Khan Academy**: Khan Academy has free explanatory videos on math, science, economics, history, and more. https://www.khanacademy.org/
- **Purdue OWL:** Purdue's Online Writing lab has sample papers and guides to APA and MLA styles. https://owl.purdue.edu/owl/

shades

By Grace & Jesha

Never thought I'd mature anymore
Sitting there on the kitchen floor
Colors swirl together,
The world swaddled in white
Seeing pink and blue together
That purple isn't right

Ice rips heart and red runs gore
Shards shred heart shades so lock the door
It's broken beauty built to last forever
Red drip turns to pink as melts blue ice
Rinsing out to reveal dusk shades under
It meaning something's bruised tonight

Had the same favorite color since six
Never knew it'd blend with his
As they swirl together,
My lenses change their shade
From pinkish shades of rosé
To bluish-colored half-dead

Nothing changed means nothing to fix
Broken hearts means brand-new sins
Patch it up with desperate measures
I sit here silent, waiting for the end
Crimson tears slide down my brain
Changing quickly to a color that's dead

Sitting here on cold, white kitchen floors
Seeing colors just like before
I won't try to wreck them
Between the hues and shades
Seeing the whole spectrum,
Not just gunmetal gray

Merging colors warm and bright, unclean more
Now shattered hopeless on the floor
There's no reason to fix them
The shining awesome beauty of something great
The red saline to the end has come
And all will fade with the brand new day

Bad Dream

(4-16-22)

Why is it, the faster we run, the closer we get
To whatever we run from, til we've run to death?
Don't let tears get in your way! Let's play pretend!
Play away the pain before darkness descends.
I always think,
"If I run faster than the demons inside,
If I swim and not sink,
I'll believe my own lies."
I want to break, but it'll confirm I'm weak
And I can't take what that'd do to me.
I feel like the worst of humans,
When I get jealous of good friends.
And wish they could understand
What it's like to have their safe world end.
I claim I just might hurt what hurts my family,
But how do I fight what cannot be seen?
If I try hard enough I can play off the worst.
And if I call their bluff, the tables might turn.
I contemplate thoughts of if I should go forever to sleep.
Maybe when I got up, I'd see it was just a bad dream.

-Jesha

Funny Fungi

I eat the weird mushroom
Taste not good
Soon see shapes in room
Face feel like wood

Not paid enough

Boss pays me small
Takes my time
He is richer than all
So I cover his office with my poopy slime

Life of Grug

Me Grug
Love stone
Eat bug
No need phone
Naked Bear
The bear shaved its hair
Bright pink
Naked and bare
How he used a razor makes one think

Spine

Carry lots of stuff
Think I am fine
Some say I am tough
But oh God my spine

Hole in pants

Ripped my pants
Now has big hole
When people glance
They see my bottom mole

Smelly

Never take a shower
Always sweaty
Stench of raw power
Like years old spaghetti

Lost my dog

My small dog is gone
Where did he go
Was sitting on my lawn
The well fed eagle might know

INT. LIVING ROOM. TWO WOMEN SIT COMFORTABLY IN CHAIRS. ONE IN DARK CLOTHING READS A BOOK WHILE THE OTHER, IN BRIGHT CLOTHING, IS ON THEIR PHONE.

Lenor turns the page of their book and looks up to speak to her partner.

LENOR

We hold these truths to be self-evident, that all men are created equal. By Thomas Paine.

JULIET

I kissed a girl and I liked it, by Katy Perry!

LENOR

Do you want to kiss a girl?

JULIET

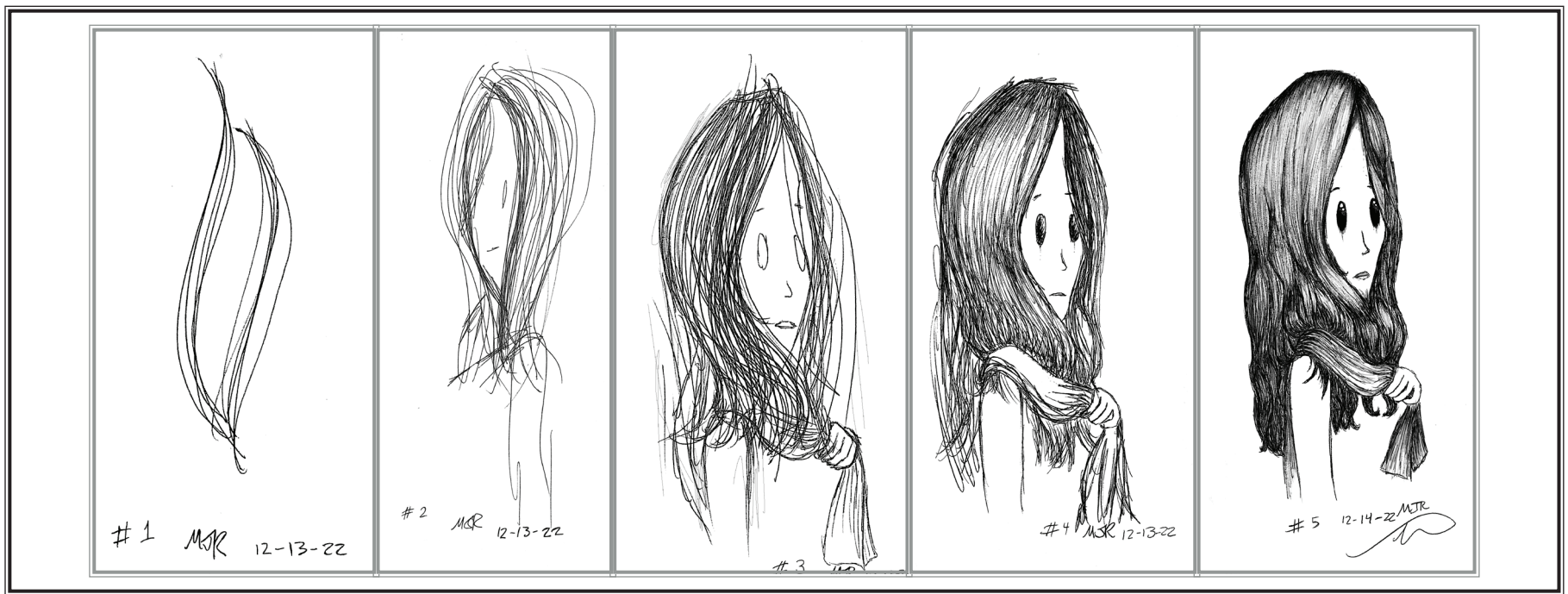
Yes!

Lenor closes their book and sets it aside.

LENOR

Then get over here.

Juliet squeals and leaps out of their chair.



Monitor

MEETING TIMES

Wednesdays

2:00 - 3:00

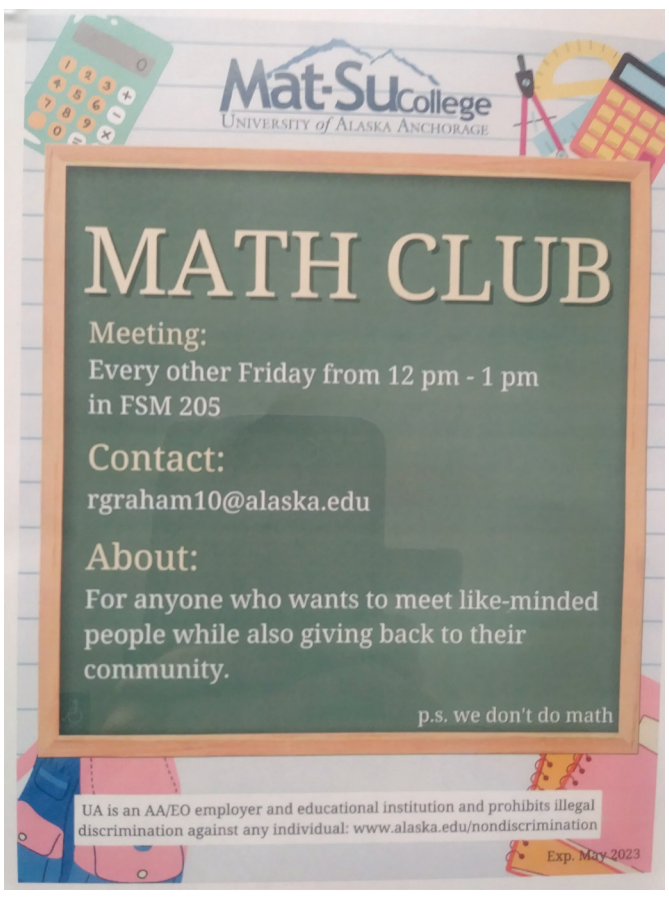
FSM 105

Looking For

- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions:
Next deadline for entries:
March 3.

Mat-Su College
University of Alaska Anchorage
読書は素晴らしい！
Reading is Fantastic!
想像力
思考力
言語力
日本語
多読クラブ
MSC
Nihongo Tadoku Club
《Japanese Extensive Reading Club》
Four Golden Rules:
1. Start from scratch.
2. Don't use your dictionary.
3. Skip over difficult words, phrases, and passages.
4. When the going gets tough, quit the book and pick up another.
Meeting: 4:00 PM – 5:00 PM Friday in FSM 105 / ZOOM
Contact: Shunji Ninoyu at sninoyu@alaska.edu
for more information
UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination Exp. May 2023


Mat-Su College
University of Alaska Anchorage
MATH CLUB
Meeting:
Every other Friday from 12 pm - 1 pm
in FSM 205
Contact:
rgraham10@alaska.edu
About:
For anyone who wants to meet like-minded people while also giving back to their community.
p.s. we don't do math
UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination
Exp. May 2023

ADVET Club

The Artic Dragon Veterinary Exploration Team is a club focused on exploring the many areas of the veterinary field, working to familiarize its members with what they could expect or what careers exist within. Not only is the club open to members of the Veterinary Assistant Certification program, but also to people outside of that program, whether it be other students or people in the community who are curious about the club's activities. We hold bi-weekly meetings with dates to be announced every month to shift around with the majority of schedules. We hope to see you at one of our meetings! If you have any questions, you can contact Dr. Montalbano at 907-745-9771 or email her at jemontalbano@alaska.edu.

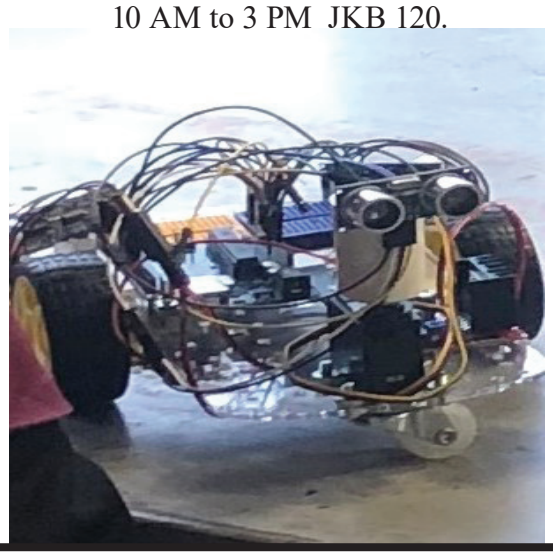
ADVET EVENTS BEING PLANNED FOR SPRING 2023!

- Dr. Dawn Webber- veterinary cardiologist- presenting ultrasound of the heart.
- Dr. Gary Pietsch and Jacy Pietsch from UAFs "2+2" cooperative veterinary school program with Colorado State University
- Dr. Chris Michetti- veterinarian for the Alaska Zoo- behind the scenes tour of the Alaska Zoo.
- Dr. Judy Montalbano- Elk leg dissection and processing of the leg into an articulated skeleton
- Working with the Mat Su Borough Animal Care and Control to have students assist with surgery prep and recovery.
- Bandaging/casting hands-on lab for students.
- And many other possible guest speakers in the works in addition to the above!

Robotics Club

Tuesdays & Thursdays

10 AM to 3 PM JKB 120.



ALASKA NATIVE CULTURES CLUB 22/23!
WE ARE GETTING THIS CLUB BACK UP AND RUNNING!! WE ARE STARTING WEEKLY MEETINGS AGAIN SOON. WE INVITE YOU TO GET INVOLVED & BECOME A MEMBER!!
MISSION STATEMENT
TO PROVIDE ALASKA NATIVE STUDENTS A GROUP-BASED AVENUE FOR CAMARADERIE, FACILITATE LEADERSHIP AND A PLATFORM OF COMMON INTERESTS.
WE WELCOME ANYONE INTERESTED IN LEARNING MORE ABOUT ALASKA NATIVE CULTURES TO JOIN.
FOR MORE INFORMATION VISIT THE MSC ALASKA NATIVE CULTURES CLUB WEBPAGE!!!
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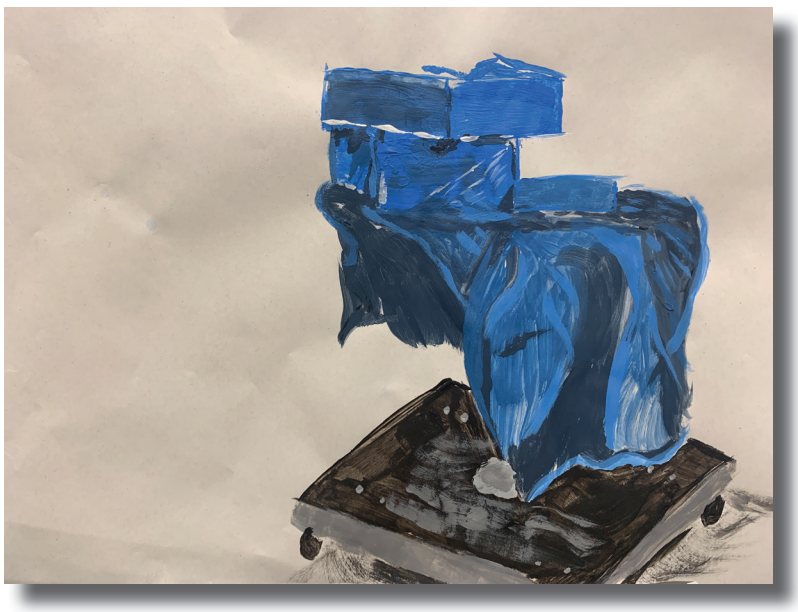
UA IS AN AA/EO EMPLOYER AND EDUCATIONAL INSTITUTION AND PROHIBITS ILLEGAL DISCRIMINATION AGAINST ANY INDIVIDUAL.

Mattias Urbanski - Beginning Drawing, Pen and Ink

Peatmoss Adkinson - Beginning Drawing - Still Life

Welcome to the spring semester of studio art at Mat-Su College! So far during the start of our semester, students learned how to orient their paper, create form by starting with edges (contours), learned how to create the illusion of mass using value, how to match our shadings to our values, how to show 'movement' through gesture, how to handle our drawing and painting supplies, and how to work through many stumbling blocks. Ultimately they learned to "push through" and to "trust the process" and create the illusion of 3D on a 2D surface Vincent van Gogh once said that learning to draw is solving 22 different problems all at the same time. Drawing and Painting is a skill that anyone can learn. We have fun in our studio classes, but mostly we apply ourselves and learn a great deal.



Case Douglas, Beginning Painting, Alla Prima Boxes, Monochromatic Color Scheme

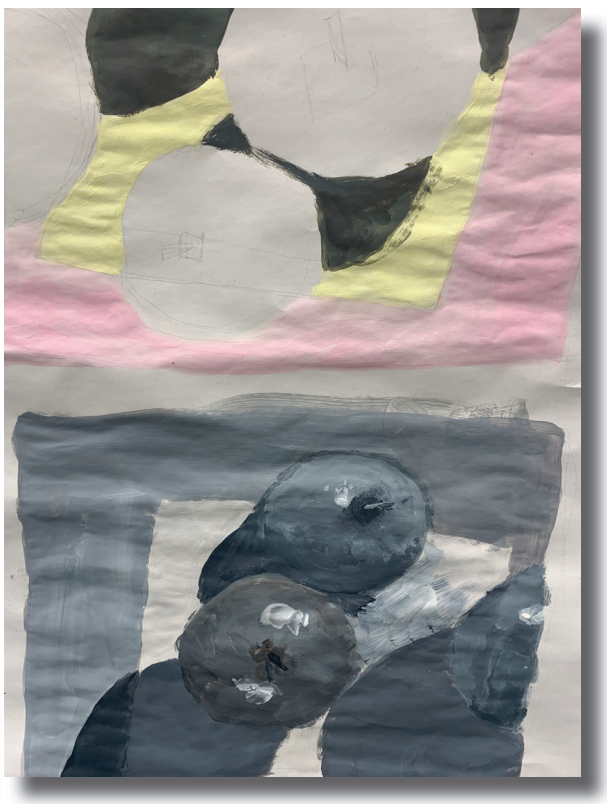
Julia Bartlemus, Intermediate Painting, Abstract

Derek DeBuse - Beginning Drawing

Ogden Osborne, Beginning Painting, Drapery Study

Isabella Morgan, Beginning Painting, Complimentary Underpainting for Still Life

Isabella Morgan, Beginning Painting, Apples Study

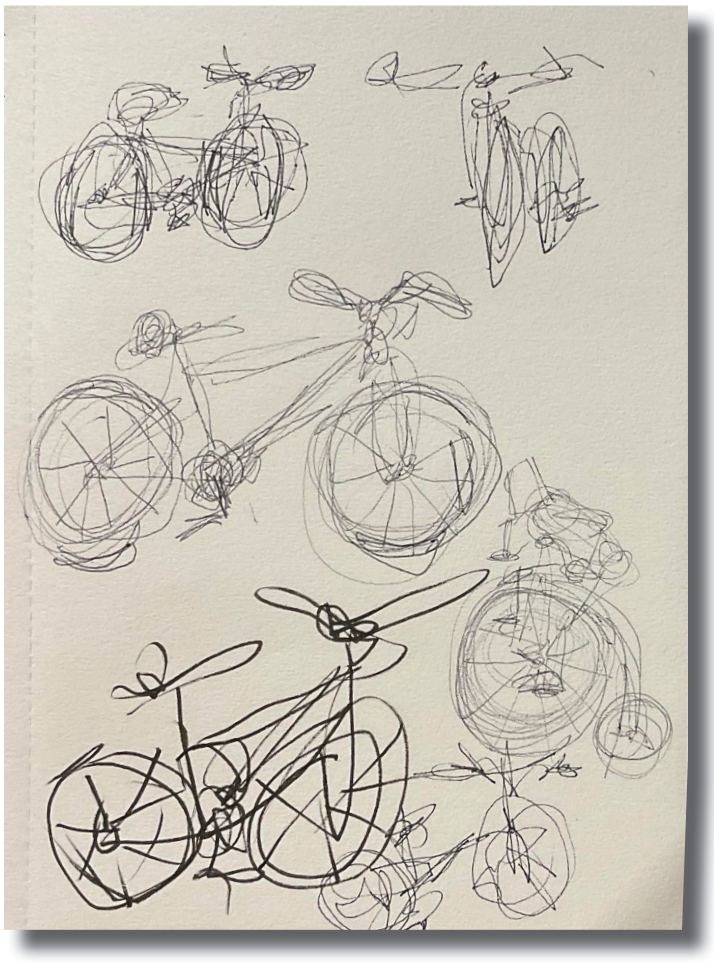


Addison Stepchinski, Beginning Painting, Apple Studies

Kadence Zimmerman, Beginning Drawing,, Drapery Study

Jessica Conrad, Beginning Painting, Drapery Study

Dustin Campisi, Beginning Painting, Drapery in Complimentary Colors



Peatmoss Adkinson, Beginning Drawing, Bicycle Gestures

Lilly Cruz, Beginning Painting, Drapery in Complimentary Colors

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, submit it anonymous at https://matsu.alaska.edu/monitor or in the Ask Sophia box in the FSM front lobby.

Q. Dear Sophia: I had a full-length mirror propped against my bedroom wall and it fell in the middle of the night and shattered. Who gets the bad luck?

A. Dear Friend: I heard ancient Greeks thought mirrors held the spirit of those who gazed upon it. Here are a few things to try to undo the damage.

- **"The reflection in a mirror represents not just one's physical appearance, but also one's soul"**
- **Throw Salt Over Your Left Shoulder**
- **Spin in Circles 3 Times**
- **Grind the Mirror into a Fine Powder**
- **Reuse the Broken Mirror**
- **Toss the Broken Mirror into a South Running Stream**
- **Blacken the Mirror with Fire**
- **Touch a Tombstone with One Glass Shard**
- **Bonus Tip: Bury the Glass**

Probably fake news... but why risk it!

Q. Dear Sophia: Is it weird these days to pay people compliments?

A. Dear Friend: Only if you don't mean it.

Q. Dear Sophia: Has anyone invented biodegradable water bottles yet? So, we don't have to carry around an empty water bottle when hiking? You know, when you drink all the water and now you must lug the bottle if you wanted a lightweight hiking trip and didn't haul a backpack along? Like instead of littering? Are there biodegradable water bottles?

A. Dear Friend: How would you keep them on the shelf? You think it would be alright if they were degradable like toilet paper and trails could just be littered with each bottle for a few years or more. Why wouldn't you just carry a water bag and weighs mere ounces when empty? Actually so do water bottles...Remember "Pack it in – Pack it out"!!!

Pickpocketing on an elevator is wrong on so many levels.

When my kleptomania gets really bad, I take something for it.

Did you hear about the criminals that stole a calendar? They got 6 months each!

Why did the picture go to jail? It was framed.

How did the hackers get away? I don't know, they must have ransomware.

SO NICE TO MEET YOU

X	G	I	L	Z	F	Z	T	K	U	K	M	M	F	F
I	N	U	L	I	B	A	A	I	C	B	E	S	R	E
L	I	R	L	U	N	Y	C	O	D	E	S	I	I	L
F	L	P	O	S	K	K	C	E	R	D	E	R	E	G
T	S	I	R	I	U	A	E	K	B	N	E	A	N	O
E	K	N	Y	E	E	L	A	D	D	O	S	R	D	O
N	F	T	H	P	Q	T	P	S	I	G	O	N	F	G
M	T	E	C	Q	Q	W	T	E	D	N	V	K	E	X
A	A	R	N	V	T	E	R	I	L	Y	A	I	E	A
T	H	E	U	J	R	A	P	B	U	G	N	B	D	F
C	C	S	R	Z	Z	U	B	E	L	G	O	O	G	E
H	P	T	C	E	C	A	P	S	Y	M	Q	O	V	Y
D	A	I	L	Y	B	O	O	T	H	R	I	A	G	D
I	N	S	T	A	G	R	A	M	X	W	W	G	L	B
C	S	O	O	N	P	H	I	L	O	Z	O	O	S	K

Circle the words from the list below.

CRUNCHYROLL
FACEBOOK
GOOGLE
INSTAGRAM
MEERKAT
PEACOCK
REDDIT
WAVE
CUPID
FRIENDFEED
GOOGLEBUZZ
LINKEDIN
MYSPACE
PHILO
SLING
YIKYAK
DAILYBOOTH
FRIENDSTER
GOOOGLEPLUS
MATCH
NETFLIZ
PINTREST
SNAPCHAT
ZOOSK

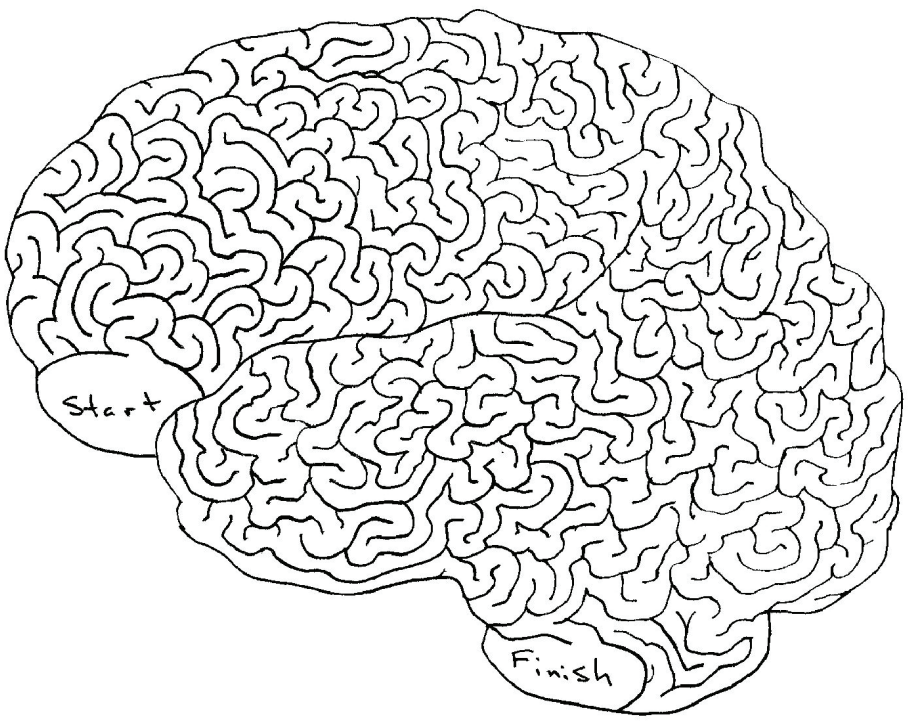
Here's how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle. HINT U = B.

IZ Q WUEFZ QZWJZIRA MYVJV MV WJV

FQIRA MYWZ MV YWTV WRD DEIRA MYWZ

MV LWR ZYVEDEJV JEEQVTVKZ



Mat-Su College
University of Alaska Anchorage

3rd Annual Spring Sticker Design Contest

Winning designer will get a 3-Credit Tuition Waiver.
Winning design will be printed up and given out on campus and throughout the community!

Last Year's Winner
by Madeline Carey

Questions?
Contact Nick McDermott at nmmcdermott@alaska.edu.

---------- Contest Rules ----------

- Sticker design must be submitted to nmmcdermott@alaska.edu by 5:00 pm on March 31, 2023.
- Student must be officially registered with MSC in a minimum of 3 credits and be formally and fully admitted to a UA degree-seeking program, or certificate, and maintain a cumulative grade point average of 2.5 for award.
- Students must be in satisfactory academic standing.

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Retirement *continued from page 1*

said Colberg. "I taught seventy-two classes (history and law) at this college. Teaching those classes was the best job I have ever had."

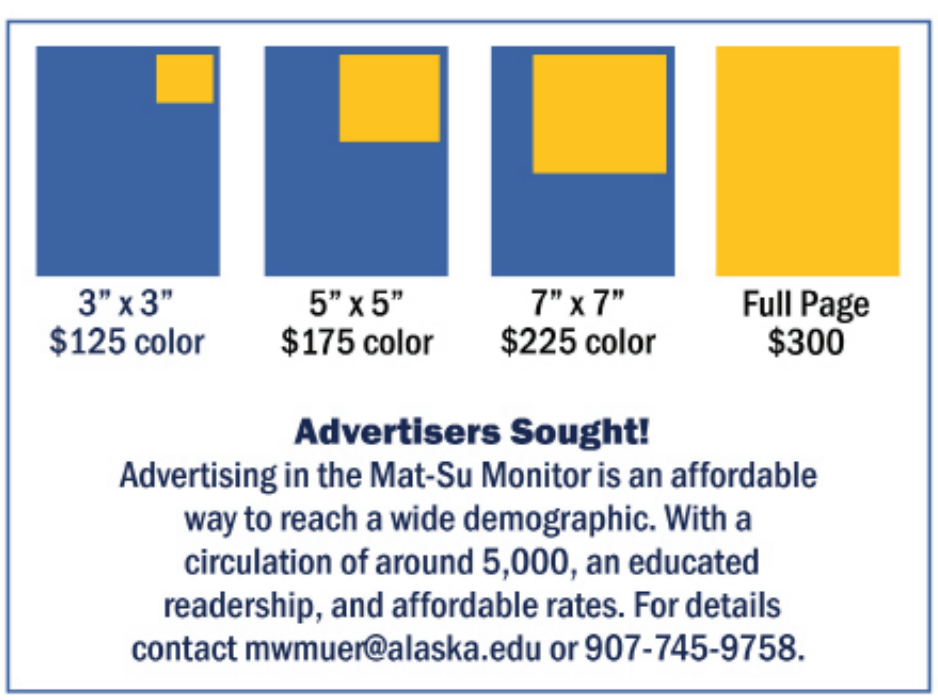
Colberg continued as an adjunct professor with the university at night while working his day job as an attorney and some additional work as a Borough Assembly Member, a twice-elected Borough Mayor and then three years as Alaska's Attorney General.

Colberg was hired as the tenth director of MSC in 2010 and has been an instrumental member of the campus and the Mat-Su Valley community ever since. He has led the campus through many challenges, including the construction of the Glenn Massay Theater and a global pandemic.

"We honor Talis Colberg's many years of service to our college, the people of the Mat-Su Valley and our state,' said UAA Chancellor Sean Parnell. "His intellect, wit, kindness and passion for teaching will be sorely missed. We wish Talis the very best in his next chapter. We look forward to working with him as a colleague until his retirement this fall and into the future."

Looking back at his time as director, Colberg simply says, "Watching my students attain successful moments in their own lives has been wonderful."

More information about the search for a new director is coming soon.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Fear *continued from page 1*

Hide under my covers a little longer. Beg for sleep just a little more. I want to cry, but that would take too much energy and would be uncomfortable. I can't spare the resources. I am crushed under the stress. I said I could do this, I said I could do everything. The worst part is, I've managed to do everything so far. But it's starting again. Like all those years ago. I'm falling behind. First on one paper; I'm too stupid and dim-witted to write. God, I never learned how to write an essay! I feel like I'm building and learning how to fly a plane as it falls. I'm close to a week behind. It caught me off guard; I thought I was keeping my head above water and didn't notice that homework was due. I was distracted putting out every other fire. Wit and passion has pulled me in six different directions at once and, so far, I have managed to excel in each direction. I had conditioned arrogance as I completed every task, as if I could maintain that. I've never actually managed to finish any of my great projects before; why would this be any different? I'm a fool. Constantly desperately reaching to be more than I am, trapped in a body that damns me to be so far behind. It's getting colder and I just want a good night's sleep. I can feel the late work hanging 'round my neck like a stone. I just want my head to break the water's surface. Endurance has been my life's narrative, but how long can I hold my breath? How long can I white-knuckle my way through every obstacle? At every turn I break something or something breaks around me. I'm screaming. I could get so far if I didn't have to spend so much time trying to catch up! Is that all I can look forward to? Through gritted teeth and clenched fists, through wit and will, all I can manage is to fall only a little behind everyone else? I struggle and toil will all my might, only to just cross the finish line behind everyone else. I'm getting cold and the fire is burning low. I don't want to be disabled. I don't want to be incompetent. I don't want to be an idiot. I don't want everything from my body to my car to break over and over again, forcing me to burn away every ounce of progress I make just to start over again and again. I run and I run. Through wit and will, I claw my way back to square fucking one, a dozen times over, only to fall behind again. Is this the fate of Sisyphus? Pushing that goddamn boulder up that same damned hill every fucking day ONLY TO HAVE IT ROLL BACK DOWN AGAIN. Did Sisyphus not weep? Did he have time? Could he spare the energy of outrage? Or was he damned to walk back down the hill with sore muscles and broken spirit to push again? Philosophers have wondered what kept him going. Some say the task brought him joy. Others, not so much. The Greeks didn't elaborate on that part of the tale, but I can't imagine he ever grew to love that damn rock, nor the soreness that would follow. Nor the despair as is felt again. The fire's almost out. I just want some sleep...But if I don't go stoke it I'll freeze to death in my slumber. Bitter that would be the only rest I get. I'll throw another log on. Bitch and moan while I do it. Snarl at the frost and bed down for a nap. Restless sleep is better than never waking up again. And on I endure.

Mat-Su College
University of Alaska Anchorage

Learn more at matsu.alaska.edu

Start Planning your Future!

Summer Registration Opens
- **February 27, 2023**

Fall Registration Priority Registration
- **April 10, 2023**

Fall Open Registration
- **April 17, 2023**

Fill Out your FAFSA

- **Application period open now until June 30, 2023 at www.fafsa.ed.gov.**
- **The school code for UAA and MSC is 011462.**
- **Contact MSC Advisors at 907-745-9762**
- **Sign up for Financial Aid Workshops and Advising Today!**

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